

YOGA<sup>ed.</sup>

ONLINE TRAINING  
**CHAIR YOGA &  
MINDFUL PRACTICES  
FOR DEAF & HARD OF  
HEARING CHILDREN**

**INFORMATION PACKET**



## GENERAL INFORMATION

Yoga Ed.'s "Chair Yoga and Mindful Practices for Deaf and Hard of Hearing Children" Online Course is designed for individuals who want to learn how to teach chair yoga and mindfulness breaks to deaf and hard of hearing children ages 3 to 12. In this training, all pre-recorded lectures include closed captioning and our live weekly meetups will be facilitated in American Sign Language by Sara Lev, Yoga Ed. Trainer, and Jessalyn Akerman-Frank.

Through this **six-week course**, you will gain the confidence to **identify challenging times during your in-person or virtual school day** and to learn how to teach **chair yoga breathing, postures, brain breaks, and relaxation exercises** to build connection, engage your students, and shift them into a more learning-ready state of mind.

Together, we will explore how to **safely and effectively** adapt yoga poses to the chair and how to use the chair as a prop to **stretch and strengthen** the body. Over six weeks, you will have ample opportunities to **embody and practice teaching** mindful practices and chair yoga tools to improve your and your children's **physical, mental, emotional, and social wellness**.

The tools shared in this course support learning **at home, in classroom environments, and in therapeutic settings**.

Upon completion of our course, you will be fully equipped with the knowledge and skills to help children improve focus, reduce stress, and regulate behavior through chair yoga and mindfulness practices.

This course is **perfect for beginners**. No prior yoga experience or extra equipment required.

Focus: Ages 3 to 12 / Grades Pre-K to 5th

## OBJECTIVES

- 1 Understand what is chair yoga and mindfulness
- 2 Know how yoga and mindfulness benefits children's physical health, emotional wellness, mental health, and social relationships
- 3 Gain insight into the effects of yoga and mindfulness on brain development and the stress response
- 4 Embody the Yoga Ed. teaching philosophies, including behavior management and proactive classroom management strategies
- 5 Design and develop lesson plans appropriate to the age group you are teaching
- 6 Create yoga classes to meet standards
- 7 Safely adapt yoga breathing exercises, poses, brain breaks, and relaxation to the chair
- 8 Effectively implement yoga and mindfulness in the classroom to meet your students' needs
- 9 Teach chair yoga to children ages 3 to 12, Pre-K through 5th grade

# WHAT'S INVOLVED

This course takes place over six weeks. The course is divided into 6 modules of lessons that you can watch in any order and as many times as you'd like during your 1-year of access. Modules include video lectures, live check-ins, interactive exercises, downloadable lesson plans, reflection questions, quizzes, and key teaching points for each grade group.

# HOW IT WORKS

Our flexible online training integrates two types of coursework: **online self-paced lessons** and **instructor-led meetups and assignments**, for an engaging, interactive learning experience.



## INSTRUCTOR-LED MEETUPS & ASSIGNMENTS

- Live Weekly Check-Ins  
Facilitated in ASL
- An Online Learning Community
- Lesson Plan Activities
- Final Project

All check-ins are recorded for you to watch on your own time. Each week, there will be notes from the live meetup posted in the Community along with engaging discussion questions and “food for thought” posts.



## ONLINE SELF-PACED COURSEWORK

- Pre-Recorded Video Lessons
- Downloadable Handouts,  
Curriculum and Lesson Plans

This type of coursework allows you to learn at your own pace and repeat lectures as often as you need to absorb the material.

# HOW TO RECEIVE A CERTIFICATE FOR THE COURSE

To receive your certificate of completion, you must satisfy the following requirements and receive a final grade of  $\geq 80\%$ :

## WATCH ALL VIDEO LESSONS WITHIN THE YOGA ED. ACADEMY



### LESSON PLAN ACTIVITIES (30% OF FINAL GRADE)

Complete both activities for building lesson plans.



### FINAL PROJECT (70% OF FINAL GRADE)

Complete and submit your final project. The final project requires you to film yourself teaching a yoga class to the children you work with or on your own as if you were teaching to the children you work with.

# COURSE OVERVIEW

## WEEK 1

This week we will introduce ourselves and review the course schedule. We will also experience a chair yoga practice for teachers so we can start to get a feeling for the work.

## WEEK 2

This week we will explore chair yoga and mindfulness. We will examine how yoga and mindfulness supports students' physical health, emotional wellness, mental health, and social relationships. We will also introduce how the brain develops and stress response occurs, and how mindfulness can influence these domains.

## WEEK 3

This week we will introduce the fundamentals of lesson planning for a children's chair yoga class, including how to create relevant lesson plans to the age group you are teaching and how to lesson plan to meet standards or not. We will also learn about the chair yoga tool belt.

## WEEK 4

This week we will learn our yoga tools. We will practice children's chair yoga breathing exercises, yoga poses, brain breaks, and relaxation. Lecture will be interspersed with opportunities to put what you learn into practice with practice teaching.

## WEEK 5

This week we will dive into how to implement yoga and mindfulness into your classroom. We will examine optimal frequency, dosage, and how to get started. Together, we will create a classroom action plan to support you in getting started.

# COURSE OVERVIEW

(CONTINUED)

## WEEK 6

This week we will explore the teaching philosophies that inform your work as a Yoga Educator. We will discuss the impact and importance of these philosophies for effective teaching. Topics include behavior management, positive behavior strategies, and creating a calm classroom. We will put everything together by presenting final assignments.

# WHAT'S INCLUDED

## CREDENTIALING AND CREDITS

Upon completion of this course, participants are eligible for Continuing Education Units (CEUs) with the Yoga Alliance, Child Life Council, and select school districts.

## COURSE MATERIALS

With this course, you will receive:



**150-page color manual** that covers the following topics\*: Yoga Ed. teaching philosophy, positive classroom management, anatomy, physiology, developmental milestones, social emotional learning, brain based education, lesson planning, breathing, yoga poses, relaxation, and a resource guide.



**Pre-made lesson plans** for children ages 3 to 12, Pre-K to 5th grade.



**Live weekly conference calls** to dive into the weekly material and answer any questions you might have.



**Access to course workshops**, including video lectures and assignments for each week's lecture topic.

## TUITION

Pay in Full: **\$399**

Payment Plan: **\$100/month** for 4 months

## REGISTRATION

Please visit [yogaed.com/teacher-training/chair-yoga-deaf-asl/](https://yogaed.com/teacher-training/chair-yoga-deaf-asl/) to register.

“I worked on the course last night for hours and hours. **I did not want to stop.** I’m so engaged in it!”

**TIFFANY G.,**  
EDUCATOR

“A fantastic experiential training that comes with a curriculum that you practice right on the spot. A **most engaging and enjoyable experience** that you can take away and use.”

**EMILYANN H.,**  
SCHOOL COUNSELOR

## MEET YOUR INSTRUCTORS



### SARA LEV

Sara Lev has worked in education for the last 20 years; first as an actor/educator with the National Theatre of the Deaf, and for the last 15 years as a classroom teacher and teacher/leader in the areas of social and emotional learning as well as Project Based Learning. She received her Master's degree in Early Childhood Education from Bank Street College in New York City, and her yoga certification from Yoga Works in Los Angeles. Sara became a Yoga Ed. Trainer in 2016 and consistently brings yoga into her work as a Transitional Kindergarten teacher at Larchmont Charter School in Los Angeles. Sara also worked for many years as a freelance American Sign Language interpreter in New York City and received her BA in Deaf Studies from the University of Rochester. Sara believes deeply in the connection between social and emotional learning and academics, and works daily to embed key SEL skills in her classroom. Whether teaching in the classroom, virtually or on the yoga mat, whether with children or adults, Sara strives to empower learners to follow their own curiosities and interests, while at the same time supporting them in developing and strengthening their many skills.



### BRYNNE CALEDA

Brynne Caleda began her journey with Yoga Ed. in 2005 as a top-performing trainer under the leadership of Tara Guber, offering in-person yoga education and training. Recognizing the importance of Yoga Ed.'s mission, Brynne made equity and access top priorities when she took ownership of the company in 2013. By spearheading the use of online platforms, Brynne strategically leveraged the company's powerful results in the United States—as studied and vetted by Time Magazine, Harvard, Tulane and more—to expand Yoga Ed.'s impact across the globe. Brynne holds a Master's in Education from the University of Hawai'i at Manoa, with a focus on the physical, mental and emotional effects of Yoga on middle school youth, maintains Registered Yoga Teacher status with Yoga Alliance, and most importantly, finds joy in being mom to Reef, Kai and Cruz, alongside Dad Alex.

## MEET YOUR INSTRUCTORS



### JESSALYN AKERMAN-FRANK

**Jessalyn Akerman-Frank is a certified and trained Deaf Yoga teacher from Twin Cities, Minnesota.** Jessalyn fell in love with Yoga young, as a severe asthmatic, the breathing techniques helped her and as a Deaf teenager and young adult, Yoga gave her a place to be. After overcoming years of barriers to get accessible training, she finally was able to become certified through Saint Paul College. Jessalyn teaches Deaf, DeafBlind and Hard of Hearing Yoga in American Sign Language to all audience ages youth to seniors. Jessalyn operates DeafNorth Yoga where she teaches different online classes, and self-care workshops. Jessalyn graduated from Gallaudet University, the only Deaf University in the world with BA in Communications and minor in criminology, she got her Masters in Special Education with a focus in Deaf and Hard of Hearing. She has taught students of all ages, including Adult Basic Education, and continues to mentor and teach in her spare time. In her spare time she spends time with her wife, two boys, three dogs and volunteering in her community and focuses on her own Yoga practice and skills. Jessalyn believes Yoga should be accessible to everyone and has made it her life mission to see to it.



### JULIA BOND

**Julia Bond is the driving force behind Yoga Ed.'s powerful online presence and has guided its expansion from a national to a global brand since 2013.** Julia spent her formative years immersed in Buddhist mindfulness practices while learning to code at 10 years old on her first computer. At Brown University, Julia received her Bachelor's of Science in Human Biology: The Brain and Behavior where she explored the nuanced intersection of data-driven science, centuries-old mindfulness practices, and how human beings find connection in themselves and the world around them. Julia's unique and integrated expertise along with her knowledge of full-stack web development allows her to bridge Yoga Ed.'s tech and content for meaningful customer experiences. Outside of Yoga Ed., Julia finds joy through the simple moments of love and laughter with her two children, husband, and rescue dog at home in Honolulu, Hawai'i.